

BOSTON PUBLIC SCHOOL

CLASS-XII

SUBJECT-PHYSICAL EDUCATION (048)

WORKSHEET 2024-25

CHAPTER-1

- Q1. What is the definition of management?
- Q2. Define sports management.
- Q3. What do you mean by staffing?
- Q4. Explain the essential points for a knockout tournament.
- Q5. How many byes will be given if 13 teams are participating in a knockout tournament.
- Q6. What is fixture?
- Q7. What is bye?
- Q8. Define seeding and special seeding.
- Q9. Discuss about three committees that are formed for organising a tournament smoothly.
- Q10. Draw the picture of 21 teams on the basis of knockout tournament.
- Q11. Explain the method of deciding the winner in league tournament.
- Q12. What is intramural activities? Explain any five objectives of intramurals.
- Q13. Define specific sports programmes .
- Q14. What do you mean by tournament? Elucidate the importance of tournaments in detail.
- Q15. What is round Robin tournament? Explain the types advantages and disadvantages of league tournaments.
- Q16. What do you mean by extra murals? Elucidate the significance of extra murals.
- Q17. Discuss the objectives of extra murals in detail.
- Q18. Draw the fixture of 23 teams on knockout basis.

CHAPTER:- 2

- Q1 what do you mean by balanced diet?
- Q2. Explain about vitamin 'D'.
- Q3. What is the meaning of Nutrition?
- Q4. What do you mean by macro nutrients?
- Q5. Define water soluble vitamins.
- Q6. Explain about healthy weight.
- Q7 What are fats?
- Q8. Explain the importance of fluids intake during competition.
- Q9. Discuss protein as the need to components of diet.
- Q10. Discuss any four pitfalls of dieting

- Q11. What type of nutrition's would you take before taking part in competition? Explain in brief.
- Q12. What do you mean by micro nutrients? Explain in brief about mineral as micro nutrients in detail.
- Q13. Explain the components of diet.
- Q14. What are the nutritive and non-nutritive components of diet? Explain.
- Q15. What do you mean by healthy weight? Explain the method to control healthy body weight to lead healthy life.
- Q16. Discuss about the food intolerance.' briefly'.

CHAPTER:- 3

- Q1. Elaborate the term menarche.
- Q2. What do you mean by menstrual dysfunction?
- Q3. What do you mean by Bulimia nervosa?
- Q4. Discuss about osteoporosis in female athlete triad .
- Q5. What do you mean by female athlete triad?
- Q6. Discuss the corrective measures for common postural deformities.
- Q7. Write a short note on eating disorders.
- Q8. Discuss the causes and precautions of knock knees and lordosis .
- Q9. Explain the factors that lead to osteoporosis in women.
- Q10. Discuss the causes and remedies of round shoulders.
- Q11. Discuss the physical exercise as corrective measures for kyphosis lordosis and scoliosis.
- Q12. Define spinal curvature deformities and list their causes and precautions.
- Q13. Mention the causes precautions and remedies of bowlegs.

CHAPTER:- 4

- Q1. What is body mass index?
- Q2. What do you mean by obesity?
- Q3. Write down the procedure and benefits of matsyasana.
- Q4. Explain the meaning of ustrasana and its procedure.
- Q5. What do you mean by diabetes? Explain its types.
- Q6. Elucidate the benefits and contraindications of anulom vilom.
- Q7. Describe the benefits and contraindication of tadasana.
- Q8. Explain about kapalbhati Pranayama .briefly.
- Q9. Discuss the benefits and contraindications of Ardha Halasana.
- Q10. Explain about uttana mandukasana.
- Q11. What do you mean by asthma? Explain procedure and benefits of any one asana used to cure Asthma.
- Q12. What is hypertension? Discuss the benefits and contraindication of Nadi shodhan Pranayama and halasana.
- Q13. Discuss about any two arsenals for preventing as well as curing Back pain.

Q14. Explain about yog mudra.

Q15. Discuss asanas as preventive measures in detail.

CHAPTER:-5

Q1. What is the difference between Paralympic and special Olympic games?

Q2. Discuss the opening ceremony and closing ceremony of Paralympic games.

Q3. What are the categories of disability in Paralympics?

Q4. What do you mean by deaflympic?

Q5. What do you mean by disorders?

Q6. Briefly discuss the concept of disability.

Q7. Discuss any three causes of disability.

Q8. What do you mean by oppositional defiant disorders?

Q9. Discuss any three strategies which make physical activities accessible for children with special needs.

Q10. Discuss special Olympics as an organisations of promoting disability sports.

Q11. Explain the advantages of physical activities for children with special needs in detail.

Q12. What are the benefit of physical activities for children special needs?

Q13. What do you mean by disability etiquettes? Mention any five general disability etiquettes.

Q14. What is obsessive compulsive disorders? Elaborate the causes of OCD.

Q15. Discuss about Autism Spectrum Disorder in detail.

CHAPTER:-6

Q1. What do you mean by test and measurement?

Q2. Differentiate between Basal Metabolic Rate and Resting Metabolic Rate.

Q3. If female is 38 years old her height is 167.6 cm and her body weight is 65.9 kg. Calculate her BMR by using Harris and Benedict's equation.

Q4. What do you mean by Harvard step test?

Q5. What do you mean by senior citizen fitness test?

Q6. Which motor quality does a senior citizen lack who finds difficulty in tying the shoe laces while sitting on the chair?

Q7. What do you mean by cardiovascular fitness?

Q8. Briefly explain about muscular strength.

Q9. Explain the "8 foot up and go" test for measuring agility and dynamic balance.

Q10. Briefly explain about modified pushups for girls.

Q11. Describe the plate taping test for coordination in detail.

Q12. What do you mean by basal metabolic rate? How will you calculate the BMR of a female? Discuss with the help of an example.

Q13. Elaborate any two tests for the assessment of students of 9 to 18 years given by SAI khelo India fitness test in school.

Q14. Describe the 6 minute walk test for aerobic endurance.

Q15. Explain about chair sit and rest test for lower body flexibility.

Q16. Explain the chair stand test for lower body strength.

CHAPTER:-7

Q1. What do you mean by oxygen intake?

Q2. What do you mean by energy reserves?

Q3. What do you mean by aging?

Q4. Write a short note on 8 sports injuries.

Q5. Define any two causes of sports injuries.

Q6. Discuss about any three points through which we can prevent injuries.

Q7. What do you mean by laceration? How can you treat laceration?

Q8. Discuss any three physiological factors determining flexibility.

Q9. Does joint structure determine the flexibility? Explain in brief.

Q10. Briefly state some tips for preventing sports injuries.

Q11. What do you mean by joint injuries? Enumerate the types of dislocation of joints.

Q12. Explain the physiological factors determining 'endurance' as a component of physical fitness.

Q13. Elaborate the prevention of sports injuries.

Q14. What are bone injuries? Discuss the type's causes and prevention of fracture.

Q15. Class 5 sports injuries explain RICE procedure as a treatment of injuries.

Q16. Explain the effects of exercise on the cardio respiratory system.

CHAPTER:-8

Q1. What do you mean by equilibrium?

Q2. How does air resistance affect projectile trajectory?

Q3. Difference between static friction and dynamic friction.

Q4. Discuss the law of reaction with examples.

Q5. Discuss any two principles of stability.

Q6. What do you mean by centre of gravity?

Q7. Define various types of fractions.

Q8. "Friction is a necessary evil" justify your answer with suitable examples from sports.

Q9. Elaborate any three factors which affect projectile trajectory in sports.

Q10. Explain the law of acceleration.

Q11. What are the advantages and disadvantages of friction in the field of games and sports explain with suitable examples.

Q12. What is projectile? Explain the factors affecting projectile trajectory.

Q13. What is the meaning of bio mechanics?

CHAPTER:-9

Q1. What do you mean by personality? Explain anyone dimension of personality.

Q2. Differentiate between hostile aggression and instrumental aggression.

Q3. Differentiate between outcome goals and performance goals.

Q4. "Aggression is a necessary part of sports" comment.

Q5. Elaborate the types of personality.

Q6. Elaborate the types of aggression in sports in brief.

Q7. Discuss, in detail, self-talk' a psychological attribute in sports.

Q8. Elucidate the big five personality theory.

Q9. Discuss the meaning and concept of aggression.

Q10. Discuss Jung's classification of personality in brief.

CHAPTER:-10

Q1. Define static strength and dynamic strength.

Q2. Differentiate between isometric exercise and isotonic exercise.

Q3. Discuss pace runs to develop speed.

Q4. Differentiate between active flexibility and passive flexibility.

Q5. Differentiate between in talent detection and talent identification.

Q6. Differentiate between basic endurance and general endurance.

Q7. State anyone method to develop speed.

Q8. What is endurance? Explain its types.

Q9 Discuss the process of talent identification and talent development.

Q10. Dynamic strength is divided into three parts .Write in brief about each.

Q11. What do you mean by speed? Elucidate the methods of improving speed.

Q12. What do you mean by Coordinative abilities? Mention any four types of coordinative abilities.

Q13. Differentiate between

1: 1 and 1: 2 ratio interval training with suitable examples.

Q14. Define endurance and discuss any two methods of improving endurance.

Q15. Discuss the different types of methods to develop co-coordinative abilities.